

# **Dr. Klinghardt Protocol**

## **Environmental Medicine and Detoxification**

Our environment is currently flooded with chemicals, heavy metals, and other poisons that are present in the air, water, food, our mouth (amalgams, braces, crowns) and various parts of medical drugs (vaccines, etc.). Heavy Metals are responsible for increasing the production of free radicals as well as undermining the internal body environment and chemistry[1].

## **Free Radical Production**

Free radicals are the principal root cause of all degenerative diseases and ageing. Heavy metals are the principal source of free radical production. The more metals are present in our body the higher will be the production of free radicals (rust!). High free radical production or high oxidative stress leads to further tissue acidification, which sets the perfect terrain for all degenerative diseases.

In an acid environment all metabolic and digestive processes are slowed down, kidney function is diminished, and enzyme activity is also decreased. Finally, an acid environment sets the perfect terrain for chronic inflammation, a major source of free radical production, and the vicious cycle is completed.

## **Chronic Yeast and fungal infection.**

Yeast and fungus thrive in an oxidized and acid environment. Because of this, a person toxic with heavy metals will mostly suffer as well from fungus and parasites. Therefore, it is important to include a high-quality anti-fungus/parasites program in any detoxification protocol.

Conclusion: As long as heavy metals are present in our body the return to normal health will be greatly compromised.

## **ASSESSMENT**

To ensure appropriate treatment, anything blocking and impairing the body's biological functions must be identified.

### **1. Biological Dentist Evaluation – A Mouthful of Evidence:**

Dental contributions to medical problems, such as toxicity from mercury and other heavy metals, periodontal disease, infections from root canals and jaws, emotional distress, cranio-sacral disturbances from dental malocclusion, and structural imbalances must be identified and removed.

### **2. Heavy Metal Urinalysis (HMU):**

The HMU identifies how well the body copes with ionic active and free radical producing metals. Knowing that metals are present assists in explaining much of the present symptoms.

### **3. pH assessment:**

Chronic diseases register an out of range pH. In a too acid body, all chemical reactions are compromised, the kidneys are not functioning well and it is very difficult for the body to release heavy metals and other toxins. The optimal average health pH for

Urine is 6.4 – 6.8

Saliva is 6.6 – 6.75

Blood 7.35 – 7.45

Addressing the pH, must be a part of any detoxification protocol.

#### **What disturbs the pH balance?**

Bad food habits: Too much sugar, soft drinks, white bread, fast food, red meat, coffee, alcohol, milk, drugs etc.

Emotionally and physically high stress, not enough sleep

Oxidative catalyzes particularly heavy metals, chemical toxins, electromagnetic radiation

Chronic inflammation

Kidneys blocked by mercury

#### **How is the urine and saliva pH measured?**

Measure the pH after each urination during a 24 hours period (no supplements!) by letting the urine flow free on a small strip of pH tape or, urinate into a cup and dip the pH tape into the cup. Calculate the average.

Measure the pH of saliva first thing in the morning by drooling on, rather than sucking on the chemicals of the pH tape.

Blood pH must be measured by a physician.

Urine and saliva pH do not always coincide. One may be acid and the other alkaline. Compare the pH tape color with the provided color chart and log the results on the pH chart. If the pH is below 6.4 or above 7.5, the body is compensating and disease may develop.

### **4. Blood Test**

Recommended reading is the book by Sam Queen “The Basic 100,” a health model interpretation of clinical chemistry parameters. This book is a must in evaluating chronic diseases that are based on blood chemistry[2].

### **Detoxification Protocol**

- Control Acidity
- Improve bad food habits: Stop eating sugar, soft drinks, white bread, fast food, red meat, coffee, alcohol, milk, drugs etc.
- Control emotionally and high physically stress, get plenty sleep, and control fear.
- Diminish oxidative catalyzer, particularly heavy metals, chemical toxins, electromagnetic radiation, using chelation products (i.e. Bio-Chelat™), liver-formulas, amino-acids, etc.
- Take kidneys supplements.
- Take Quinton Plasma (Trace Minerals) as buffering agent or Potassium Citrate.

### **Detox Liver Flush**

Reduced patient outcome has been documented without first introducing Omega 6 Fatty Acid, stabilizing the structural lipids, increasing the fat content of the diet, stimulating the beta-oxidation of the Very Long Chain Fatty Saturated Fatty Acids (VLCFSFA), flushing the gallbladder/biliary tree, and supporting digestion of fats with bile salts and lipase. Without control of membrane function through lipid manipulation, detoxification is compromised !

Suggested protocol[3]

6000 mg Butric Acid daily. Use 2 tablespoons of Omega 6 + 3 Oil[4] 2 to 3x daily.  
6000 mg of Primrose Oil daily.

Lipase intake for a minimum of 2 weeks before the “plunge”.

The Big Plunge

Take 6000mg of Phosphatidycholine before sleep for 2 consecutive nights with Bile Salts; 6000 mg of

Primrose Oil.

Take agents that will bind toxic metals from the intestinal area[5] the following morning after awakening.

Continue Liver Flush for one to four months (once or twice a week).

Add 1500-2000 mg of Phosphatidycholine to the daily protocol.

### **Butyrate Enema**

Clearing the bowel and stimulating the flushing of the gall bladder is vital to the successful implementation of any detoxification process. Butyrate, electrolyte[6] and organic coffee, form a potent cleansing solution for the bowel and stimulate gall bladder contraction.

### **Other techniques for an overall detoxification process**

1. Anti-fungal, anti-microbial and anti-parasitic formulas[7]:

When the body is overburdened with heavy metals, fungus and parasites development occurs, making it very difficult to return the pH to normal and excrete heavy metals.

2. Repletion of Minerals and Electrolytes is a must in aiding cellular detoxification, using i.e. Quinton Plasma.

3. Digestive Support is needed as toxic people do not digest anymore (low HCL, enzymes activity is decreased etc.).

4. Oral Detoxification product: Bio-Chelat™

5. Support the detoxification pathways (homeopathic drainage). Kidneys: The most overlooked organ that plays an important role in balancing pH, excreting toxins, producing energy and maintaining overall well being.

6. The liver and lymphatic system must also be addressed.

### **Other Supportive Modalities**

#### **Honey/Trampoline Protocol to stimulate the lymphatic system:**

1. Drink 4 oz (0.25 liter) of lemon water.
2. Jump 15-20 minutes on the trampoline.
3. After getting off the trampoline, take one tablespoon of honey, hold in your mouth until it liquefies, then swallow.
4. Take Vitamin C (2 gm) with the remaining lemon water (12 oz)

Rationale: The up and down movement on the trampoline encourages lymph system circulation, important for detoxification. Vitamin C, in addition to the ingredient in honey stimulate the liver to convert fat soluble toxins, which are then eliminated by the kidneys.

#### **Infrared Sauna.**

#### **Anti-oxidant.**

#### **Detox -Bath**

Take detox bath by soaking 20 minutes in 104-105 F degree water with the following additives:

Day 1 and 2: 1 cup baking soda only

Day 3 and 4: ½ cup baking soda ½ cup Epsom salts

Day 5 and 6: 1 cup Epsom salts only.

Repeat no more often than twice a month with a week between the bath series.

### **E. Emotional Factors.**

For every unresolved psycho-emotional conflict there are a number of toxic material stored in the body. Whenever a conflict is successfully resolved, an equally toxic amount of material can be easily released from the body. On the other hand, for every

amount of mercury (or any other toxin) that is released from the body, psycho-emotional issues surface that must be acknowledged, understood, and processed! Failure to be aware of, and help resolve these issues, is the most common reason for difficulties, side effects and crises during a detox program. Every toxin stored, has a specific set of unresolved emotional and spiritual issues, that are responsible in trapping toxins in the first place. It is documented that advanced spiritual masters are able to drink poisons without being affected by them[8]

[1] “Negative Mineral Replacement Syndrome and Toxic Accumulation of Essential Minerals.”

[1] Telephone 719-598-4968

[1] Excerpt from “The Detox Book,” Patricia Kane, Jonh Foster, Neil Speight (856) 825-8024):

[1] Udo’s Choice, or Hempseed Oil

[1] Bio-Chelat™, Activated Charcoal, Bentonite Clay, Fiber

[1] Quinton Plasma (514)937-3117

[1] “Amalgam/Mercury Detox as a treatment for Chronic Viral, Bacterial, and Fungal Illnesses”

8 The most profound mercurial issue is a lack of connection to God. In Greek mythology Mercury was the messenger who communicated between humans and God. The forces that would like to you to keep the mercury in your mouth or in your body are the same forces that benefit from you feeling disconnected from God (and therefore craving god-substitutes like money, cars, entertainment, excitement, etc.) (Dr. Klinghardt).